

Place fish in a heavy frying pan which contains about $\frac{1}{8}$ inch melted fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time is about 10 minutes depending on thickness of the fish. Drain on absorbent paper. Serves 6.

Sauteed King Mackerel

2 lbs. kingfish, sliced
Milk
Flour or cornmeal

Cooking oil or fat
Salt and pepper
Lemon

Dip slices of fish in salted milk. Roll in seasoned flour or cornmeal. Heat a liberal amount of oil or fat in heavy skillet. Brown the steaks on one side; turn, brown on the other side. Serve with a quarter of lemon. Serves 6.

Smoked Fish

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| 6 lbs. dressed mullet or other fish (1 lb. each) | 1 gal. water $\frac{1}{4}$ cup peanut or salad oil |
| 1 cup salt | |

Remove the head just below the collarbone. Cut along the backbone almost to the tail. The fish should lie flat in one piece. Wash fish thoroughly, particularly the body cavity. Combine salt and water. Stir until dissolved. Soak fish in brine for 30 minutes.

To smoke fish, use a charcoal fire in a portable barbecue with hood or lid that closes to make a smoker. Soak 1 pound of hickory chips or sawdust in 2 quarts water. Let charcoal fire burn down to a low, even heat. Place $\frac{1}{3}$ of the wet chips on the charcoal.

Rinse fish in cold water. Place fish, skin down, on well-greased barbecue grill over the smoking fire. Place cover over grill. Smoke for $1\frac{1}{2}$ hours, adding remaining wet chips or sawdust at 15 minute intervals to keep the fire smoking.

Increase the temperature by adding more charcoal to the fire and opening the draft. Brush fish sparingly with oil. Cover and cook for 15 minutes. Brush again with oil and continue cooking for 10 minutes or until fish is lightly browned. Serves 6.

Shad De Luxe

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| 1 onion | 1 tbsp. sugar |
| 1 shad | 1 large apple, sliced |
| 3 cups water | 12 almonds, chopped |
| Salt | $\frac{1}{4}$ cup raisins |
| 6 peppercorns | 2 eggs, beaten |
| 1 small stick cinnamon | 1 tbsp. cornstarch |
| 2 lemons, sliced | |

Cook onion in water 5 minutes. Add shad, seasoned with salt, peppercorns, and cinnamon. Cook 10 minutes. Add sliced lemons with seeds removed, sugar, apple, almonds and raisins. Cook until fish is done, or about 10 minutes. Remove fish. Thicken stock by adding eggs and 1 tbsp. cornstarch, mixed with a little water; cook 1 minute. Pour sauce over fish. Serves 6.